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AMC

RETURN OF THE SYNTHS

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KNEE-JERK REACTION

With many Philadelphia Eagles skipping Tuesday's White House ceremony because of the NFL's ongoing national anthem controversy, President Donald Trump abruptly disinvited the entire Super Bowl-winning team from the event. 10

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5 THINGS TO KNOW

WELCOME TO METRO.US

JOE PANTORNO, SPORTS EDITOR

The divide between the church that is the NFL and state that is this country continues to grow at an alarming rate. On Monday evening, President Donald Trump uninvited the Super Bowl champion Philadelphia Eagles, who were supposed to visit the White House this morning. As a surprise to no one, the national anthem controversy is at the epicenter of what should be described as a feud. Read more on page 10 and at **metro.us**.

STARBUCKS EXECUTIVE SCHULTZ TO STEP DOWN

1 Starbucks Corp. Executive Chairman Howard Schultz is stepping away from hands-on management at the global coffee chain, effective June 26, fuelling speculation that the outspoken, liberal-leaning executive will make a U.S. presidential bid. Schultz, 64, over roughly four decades has built Starbucks into one of the world's most powerful global brands. Under his leadership, the Seattle-based coffeeshop chain went from 11 cafes to over 28,000 in 77 countries. He became Starbucks' executive chairman last year, handing the chief executive job to Kevin Johnson at a time when growth in Starbucks' dominant U.S. market was showing signs of cooling. That cooling trend has not abated and some analysts and investors have begun pressing the company to temper new store openings in the United States, where it already has more than 14,000 locations. Some investors interpreted Monday's news as a sign that Schultz was finally making an expected move into politics.

SUSPECTED ARIZONA SERIAL KILLER KILLS SELF

2 A man suspected of killing six people, including a noted psychiatrist who advised prosecutors investigating high-profile murders, killed himself on Monday as police closed in on the Phoenix-area hotel where he was staying, police said. Investigators had been searching for the suspect, identified as Dwight Jones, 56, since Steven Pitt, a 59-year-old psychiatrist who consulted on serial killings and the 1996 murder of child beauty queen JonBenet Ramsey, was found dead outside his office on Thursday, the first of a string of killings that left the Phoenix area on edge. Jones fatally shot himself in a hotel room as tactical units closed in to arrest him, police said on Monday. Police originally said the suspect killed four people but on Monday said there were two additional victims. DNA found on shell casings at the murder scenes and ballistic evidence linked the crimes and led police to Jones, Scottsdale Police Assistant Chief Rich Slavin told a news conference."We had a positive hit on Mr. Jones that connects him to all the scenes," he said. Police believe he may have been seeking revenge from a 2009 divorce case.

SPACECRAFT LAUNCH PAD

3 A Soyuz MS-09 spacecraft is mounted on the launch pad at the Russian-leased Baikonur cosmodrome in Kazakhstan on Monday. The launch of the Soyuz MS-09 with the members of the International Space Station (ISS) expedition 56/57, NASA astronaut Serena Aunon-Chancellor, Roscosmos cosmonaut Sergey Prokopyev and German astronaut Alexander Gerst is scheduled for Wednesday.

GETTY IMAGES

IMMIGRANT TEEN ABORTION RULING TOSSED

4 The U.S. Supreme Court on Monday threw out a lower court ruling that let a pregnant illegal immigrant minor held in federal immigration custody obtain an abortion last year at age 17 over the objections of President Donald Trump's administration. The justices provided a legal victory to Trump's administration even though the teenager already has had the abortion because it eliminated a precedent at the federal appeals court level that could have applied in similar circumstances in which other detained minors sought abortions. In the unsigned opinion with no dissents, the justices threw out the lower court decision on the grounds that the dispute became moot once the teenager had the abortion. The girl, whose name and nationality were not disclosed and was called "Jane Doe" in legal papers, had an abortion on Oct. 25 in Texas, the day after a U.S. appeals court ruled against the Trump administration's objections. The case involves the intersection of two divisive social issues on which Trump has taken a hard line: abortion and immigration.

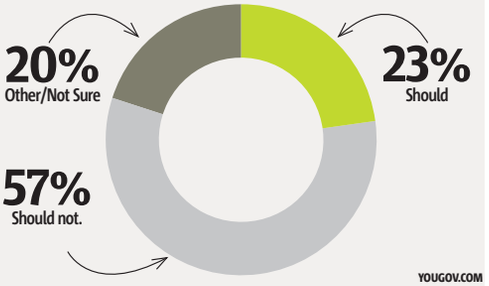
MANAFORT: POSSIBLE WITNESS TAMPERING

5 President Donald Trump's former campaign chairman, Paul Manafort, who has been indicted by U.S. Special Counsel Robert Mueller, attempted to tamper with potential witnesses, Mueller said in a court filing on Monday. Mueller, who is investigating possible collusion between the Trump campaign and Russia, asked the judge overseeing the case in U.S. District Court for the District of Columbia to revoke or revise an order releasing Manafort ahead of his trial. Manafort was released to home confinement after his arraignment in October. Mueller has indicted Manafort in federal courts in Virginia and Washington, D.C., with an array of allegations from money-laundering and failing to register as a foreign agent, to bank and tax fraud. Manafort has pleaded not guilty. FBI Special Agent Brock Domin, in a declaration filed with Mueller's motion, said Manafort had attempted to call, text and send encrypted messages in February to two people from "The Hapsburg Group," a firm he worked with to promote the interests of Ukraine.

STATS

SMARTWATCH

A woman in Canada was fined more than $300 for looking at her smartwatch while waiting at a traffic light, in violation of the province's "distracted driving" law. Do you think looking at a smartwatch at a traffic light should or should not be a ticketable offense?



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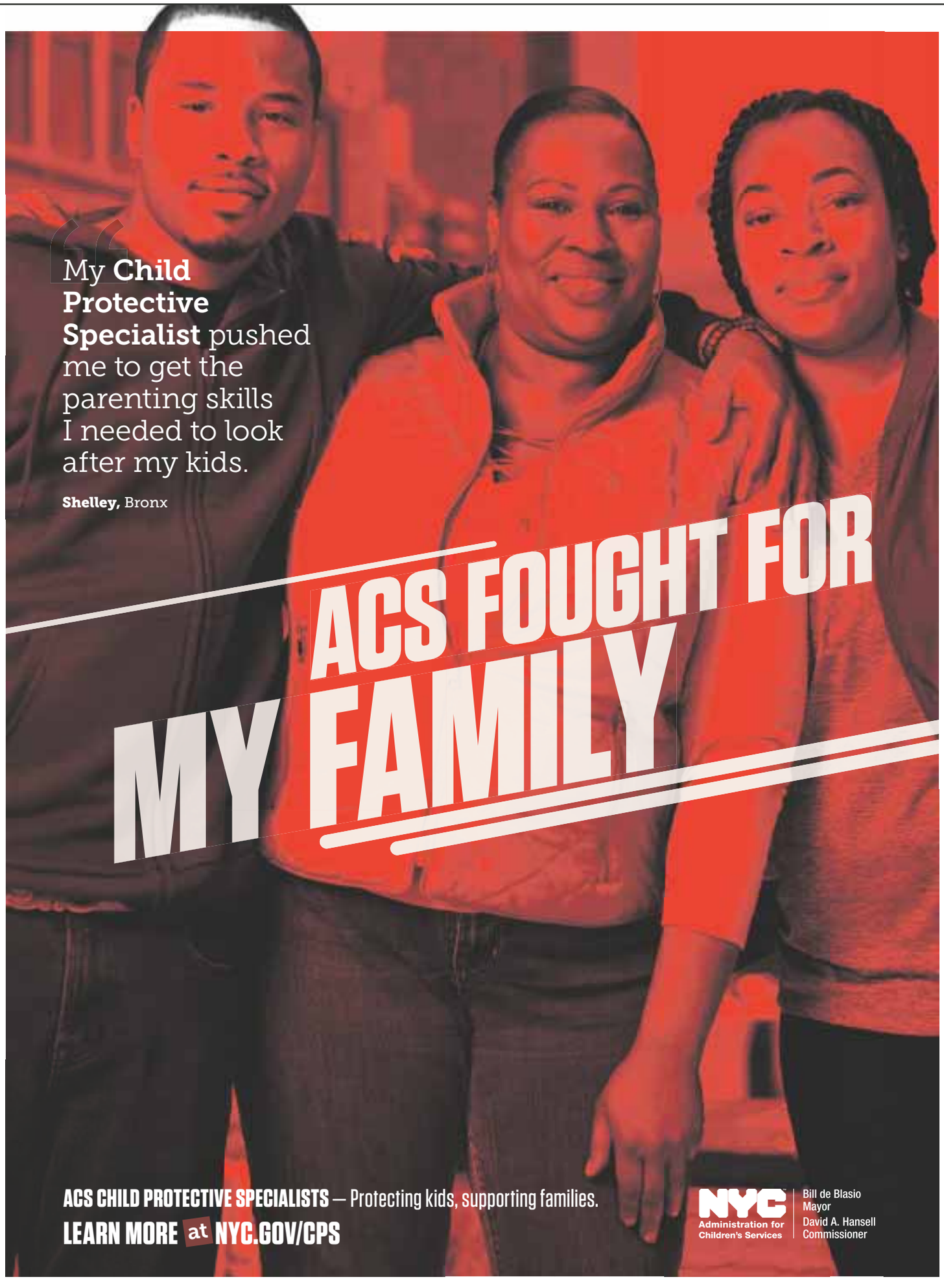
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Supreme Court backs Christian baker who rebuffed gay couple

Liberal justices Stephen Breyer and Elena Kagan sided with conservatives in Monday's 7-2 vote.

The U.S. Supreme Court on Monday handed a victory on narrow grounds to a Colorado baker who refused based on his Christian beliefs to make a wedding cake for a gay couple, stopping short of setting a major precedent allowing people to claim religious exemptions from anti-discrimination laws.

The justices, in a 7-2 decision, said the Colorado Civil Rights Commission showed an impermissible hostility toward religion when it found that baker Jack Phillips violated the state's anti-discrimination law by rebuffing gay couple David Mullins and Charlie Craig in 2012. The state law bars businesses from refusing service based on race, sex, marital status or sexual orientation.

The court concluded that the commission violated Phillips' religious rights under the U.S. Constitution's First Amendment.

But the justices did not issue a definitive ruling on the circumstances under which people can seek exemptions from anti-discrimination laws based on religion. The decision also did not address important claims raised in the case including whether baking a cake is a kind of expressive act protected by the Constitution's free speech guarantee.

"The First Amendment prohibits governments from discriminating against citizens on the basis of religious beliefs."
Attorney General Jeff Sessions

Two of the court's four liberals, Stephen Breyer and Elena Kagan, joined the five conservative justices in the ruling authored by Justice Anthony Kennedy, who also wrote the landmark 2015 decision legalizing gay marriage nationwide.

The baker case became a cultural flashpoint in the United States, underscoring the tensions between gay rights proponents and conservative Christians.

Both sides claimed a measure of victory. The couple's supporters noted that the ruling embraced the importance of gay rights and made it clear that businesses open to the public must serve everyone. The baker's lawyers said the ruling emphasized that the government must respect religious beliefs.

"Our society has come to the recognition that gay persons and gay couples cannot be treated as social outcasts or as inferior in dignity and worth," Kennedy wrote.

But Kennedy said the state commission's hostility toward religion "was inconsistent with the First Amendment's guarantee that our laws be applied in a manner that is neutral toward religion."

Colorado baker Jack Phillips was handed a victory by the Supreme Court. GETTY IMAGES

In one exchange at a 2014 hearing before the commission cited by Kennedy, former commissioner Diann Rice said that "freedom of religion, and religion, has been used to justify all kinds of discrimination throughout history, whether it be slavery, whether it be the Holocaust."

Kennedy said the commission ruled the opposite way in three cases brought against bakers in which the business owners refused to bake cakes containing messages that demeaned gay people or same-sex marriage.

President Donald Trump's administration, which intervened in the case in support of Phillips, welcomed the ruling. "The First Amendment prohibits governments from discriminating against citizens on the basis of religious beliefs," Attorney General Jeff Sessions said in a statement. REUTERS

Those who don't identify as either male or female may have an "X" category, according to a new proposal. ISTOCK

New proposal may allow a third gender category for NYC birth certificates

Those born in New York City who don't identify as either male or female may now have a third option to add to their birth certificates, according to a new proposal by the city which has the backing of Mayor Bill de Blasio and City Council Speaker Corey Johnson.

According to the New York Post, Johnson announced at a City Hall press conference that he'll be introducing a new "nonbinary" identity — or "X" — that would be available for people who don't identify their gender as either male or female.

"This groundbreaking legislation will make New York City birth certificates more inclusive for all," Johnson said on Monday, according to the Post.

Foxnews.com reported that the mayor and Johnson said the proposal comes at a perfect time with June being Lesbian, Gay, Bisexual and Transgender Pride Month in June.

Pride Month is a time to celebrate how far we've come in the fight for equality, and reaffirm our commitment to protecting all New Yorkers from discrimination," de Blasio said, according to foxnews.com. "This proposal will allow transgender and gender nonconforming New Yorkers to live with the dignity and respect they deserve, and make our City fairer."

According to CBS2, the proposal will allow transgender persons to no longer need an a doctor's letter or an affidavit by a licensed health care provider to change their gender marker.

"You don't need a doctor to tell you who you are and you shouldn't need a doctor to change your birth certificate to reflect your true self," Johnson said, according to CBS2.

CBS2 also reported that the city's Board of Health will consider these proposals on Tuesday. If the Board approves the bill, a hearing will be held in July before a September vote would take place.

JEFF TOMKO

WHO SAID ANGELS DIDN'T WEAR SHOES?

Florence Nightingale grew up with a determination to fill no one's shoes but her own.

As a girl, Florence was fascinated with numbers, statistics and math. Such passions were usually relegated to men in her day, but she was no ordinary person. She found comfort in graphs and numbers while her dolls, we presume, sat unnoticed in the closet.

Her family had rather subdued hopes for her — to become a wife and mother. They were outraged with Florence's intentions to instead serve humanity as a nurse, especially since, at the time, nursing was considered a low-class profession.

But Florence was stubborn. She ended a nine-year courtship with a suitor and followed what she believed to be her calling by God — she became a nurse.

During the Crimean War, Florence's footsteps took her to a field hospital in Scutari, and she was horrified by what she found there.

It was not one of the clean hospitals we see today, with shining floors and shiny instruments. It was a place of bugs, lice, fleas and rats. There were no towels, basins or soap. The death rate was 40 percent. Ever the child of data, Florence was mortified by this statistic. She and her friend William Farr, the country's leading statistician, discovered that most of the soldiers weren't dying from their wounds. They were dying from a more pernicious enemy: the filth around them.

Under the Florence regime, vermin were exiled. Dirt was banished. Germs were annihilated. Death rates fell. The wounded soldiers called Florence Nightingale "The Lady with the Lamp" as she made her rounds at night with bandages and words of care, her feet coming down very softly on the newly sterile floors.

When soldiers heard her footsteps, they knew they were in great hands.

When other nurses heard her footsteps, they knew they'd be held to the highest possible standards.

When doctors heard her footsteps, it was the sound of a new era of nursing being ushered in.

Maybe somewhere back home, her poor, defeated suitor was thinking if he'd just washed behind his ears more often... but really, Florence Nightingale belonged to the world.

Soon after the war, she established her nursing school at St. Thomas Hospital in London. Though Florence no longer wandered around with her lamp, and her footsteps no longer echoed through the corridors of makeshift hospitals, she didn't let grass grow underneath those war-weary shoes.

Florence spent the rest of her life improving health care for all, advocating better hunger relief, abolishing harsh anti-prostitution laws, expanding female participation in the workplace, loving numbers and generally meddling in everything for the greater good. Many women would later carry on her pioneering spirit in nursing care and her passion for reform, but no one would ever fill those moccasins quite like she did.

Florence Nightingale
Moccasins, size 5 (1855)
The most famous pair of nurse shoes were not nurse shoes.

KIWI QUALITY SHOE CARE
HUMANITY STARTS WITH A FIRST STEP

Florence Nightingale's Moccasins by the Wellcome Collection is licensed under CC-BY-4.0, https://wellcomecollection.org/works/nb7ugpq2 CC-BY-4.0 license. https://creativecommons.org/licenses/by/4.0/legalcode

New navigation tool lets you combine bike-share and public transit into one trip

Sometimes you can get across New York City faster by using both bike share and the subway, and this new map from Coord lets you plan those trips easily.

KRISTIN TOUSSAINT
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Planning treks across New York City can be tricky. Should you rely on the train for the entire trip, or try out a bike-share so you're not wasting time waiting on a subway platform?

Well, you don't have to commit to just one mode of transportation, and a new tool aims to help New Yorkers figure out the best route option by combining transit methods.

Coord, a data mobility company backed by Sidewalk Labs (an urban-innovation effort of Alphabet, the parent company of Google), recently released a mapping tool that brings together public transportation and bike-share data into a single map.

This is the first mixed-mode transit tool for New Yorkers, according to Coord, and aims to be a solution to the "first/last mile" problem.

While the bus or subway may be fine for most of your trip, covering that final distance between public transit and your doorstep can be difficult, but that's where bike-shares can come in handy.

You don't have to replace your entire commute with a bicycle ride, but you can hop on a Citi Bike to get to your train station quicker. In fact, that's how most New Yorkers use the service anyway.

The Coord tool would tell you exactly how to do that by answering questions like, "Should you stay on the bike the whole way or switch to transit?" and "Which subway station or bus stop should you ride the bike to?"

If you're heading from Greenpoint to the Lower East Side, for example, just taking the J would take you about 38 minutes. But If you hop on a Citi Bike, rather than walking 21 minutes to the subway station, your trip will only take 26 minutes, according to Coord, reducing your travel time by one-third.

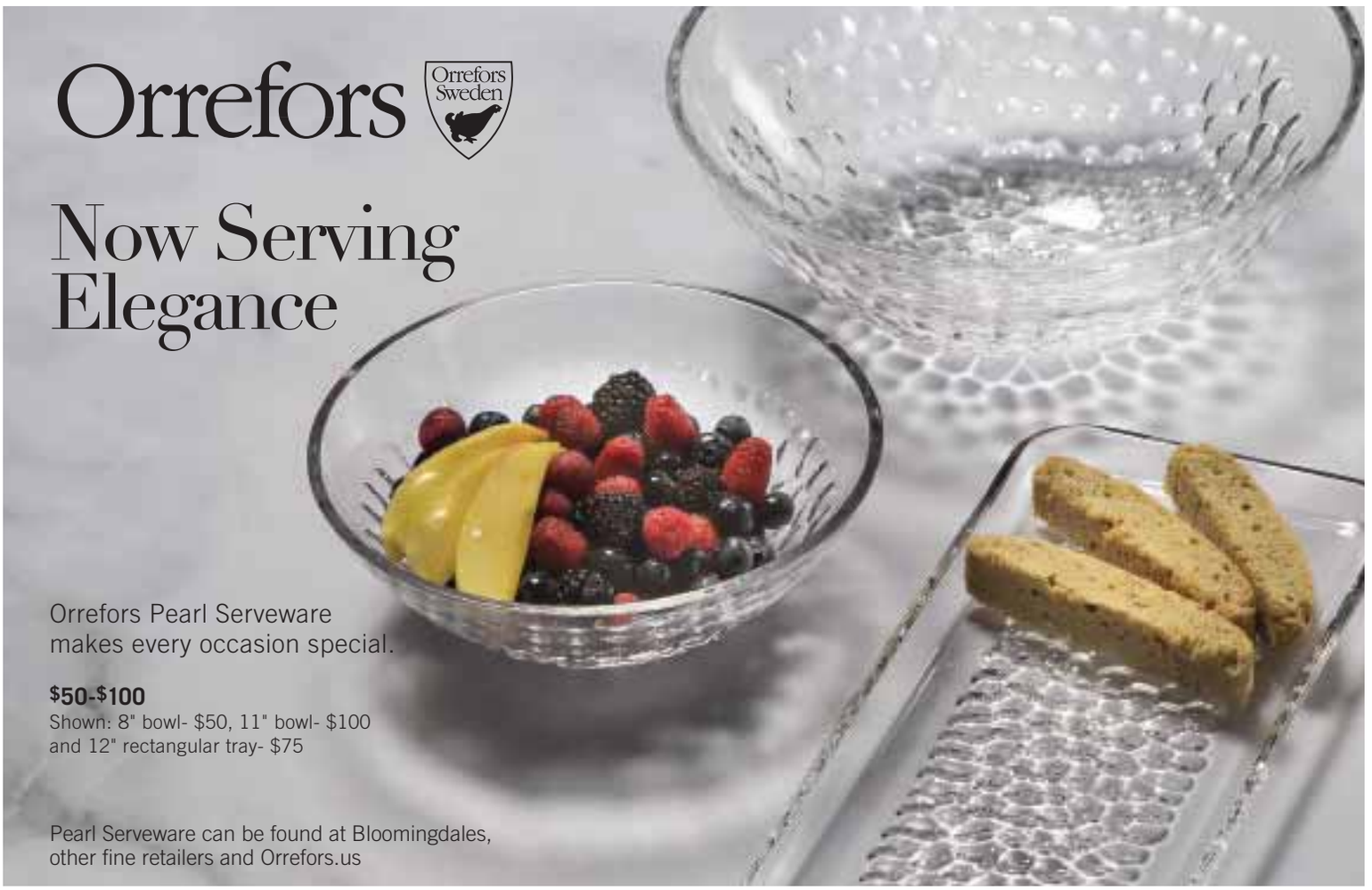
But even though it's a common practice, it's still difficult to plan out these trips, Coord noted.

"For instance, none of the major navigation apps currently has bike-share as a travel option, let alone showing the available bikes near you," the company wrote in a blog post.

Plan a travel route that combines bike-share and public transportation with a new tool from Coord. GETTY IMAGES

With the mapping tool from Coord, you can see if a bike is available near you — whether a dockless bike or one at a docking station — and if you can drop it off at the end of your trip, like if there's an empty slot at a dock near your train.

Coord also incorporates real-time data on New York City bus and subway service, so you can see the best combination of bike-riding and public transit for the fastest trip.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Alyssa Milano, advocates rally with 'Fearless Girl' for women's rights

Activists gathered in the Financial District on Monday to support the Equal Rights Amendment.

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Actress Alyssa Milano, New York Rep. Carolyn Maloney and others rallied in New York City on Monday in support of the Equal Rights Amendment.

Gathered at the "Fearless Girl" statue in Manhattan, the activists held signs that read "Put Women in the Constitution" and "Equal Means Equal."

"We are here today because a whopping 94 percent of the American people support the Equal Rights Amendment," Maloney said in front of the crowd. "It is an amendment that is long overdue."

The amendment, which was first approved by Congress in 1972, ensures equal rights regardless of sex. Last week, Illinois became the 37th state to ratify the amendment, but 38 states need to be on board before Congress can ratify it. Activists are hoping New York can take that important step.

"We are here today because a whopping 94 percent of the American people support the Equal Rights Amendment."

New York Rep. Carolyn Maloney

Maloney announced last week on the heels of the Illinois action that she will host a shadow hearing on the need for an Equal Rights Amendment on Wednesday from 3 to 5 p.m. on Capitol Hill.

"I have introduced the ERA in the last 11 Congresses and my requests for legislative hearings or mark-ups have gone unanswered," she said in a previous statement. "So, on June 6 we will hold a hearing of our own so that my colleagues and the American people can hear from advocates and experts as to why we need to guarantee women's equality in the Constitution. As we see attacks on women's rights, autonomy, and bodies every single day from the Trump administration and the Republican Congress, passing the ERA is our strongest weapon to fight back.

Actress and #MeToo trailblazer Alyssa Milano, left, joined Rep. Carolyn Maloney, center, and other activists on Monday at the symbolic "Fearless Girl" statue. TWITTER/@ ALYSSA_MILANO

Milano — who helped kick off the #MeToo movement after sharing on Twitter the suggestion from a friend that "if all the women who have been sexually harassed or assaulted wrote 'Me too' as a status, we might give people a sense of the magnitude of the problem" — is helping raise awareness for the amendment.

"I am here today basically because women are not guaranteed equal justice under the law of our constitution. Really think about that," Milano said at the New York City rally.

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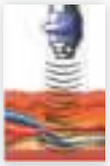

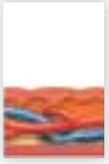

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Treatment offers new hope for erectile dysfunction

If you're at war with erectile dysfunction (ED), you're not alone. In fact, one in every four new patients is under the age of 40, according to the *Journal of Sexual Medicine*. While it may be comforting to know that it's more common than you think, you're probably more concerned with getting it under control. And we don't blame you—ED takes a serious toll on relationships, intimacy and overall well-being.

Enter ErectionWave, an innovative new approach that flips traditional ED treatment on its head. More often than not, the go-to answer is a lifetime Viagra prescription. The big downside here is that this really only treats the symptom, not the underlying problem. It also leaves you completely dependent on medication to enjoy a satisfying sex life.

Founded by a renowned Board Certified Urologist Dr. David Shusterman, ErectionWave is different in that it improves sex without medication. As the name implies, it directs high-frequency waves toward blood vessels that are normally narrow or blocked. This, in turn, optimizes blood flow, allowing for naturally strong erections. This holistic treatment also increases the size of penile veins *and* increases nerve function.

Translation: it's a noninvasive treatment option that actually gets to the root of erectile dysfunction.

Dr. Shusterman and his team of experienced sex function specialists are dedicated to eliminating the need for penile pumps, injections, and drugs like Viagra. They also offer highly effective alternative treatments that go beyond ErectionWave therapy. One pathway is hormone replacement—an umbrella term that covers a wide array of robust therapy options that are completely tailored to each individual patient. Addressing any hormonal causes of ED is critical to improving sexual desire and, ultimately, getting on the other side of erectile dysfunction.

Another successful option for men with ED is something known as the Priapus shot, aptly named after the Greek god of virility. The P-shot, as it's called, is a non-surgical, completely pain-free penis injection that serves double duty: improving sexual performance and increasing penis size by up to 3.5 centimeters; a game changer for those who are at the end of their rope with erectile dysfunction. It also leverages your own regenerative cells, making it completely safe and totally natural.

Ready to tackle your ED once and for all? Book an appointment with Dr. Shusterman at NY Urology, located at 800 Second Avenue on the corner of 42nd Street. Call **212-661-0060** to take the first step toward a healthy, satisfying sex life.

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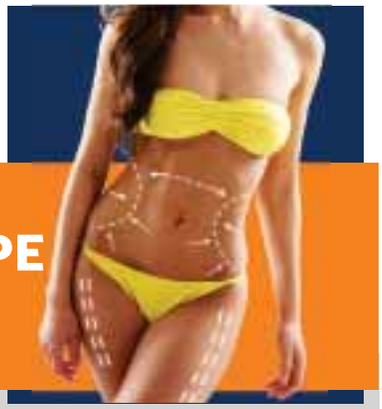

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President Trump with members of the New England Patriots last year. GETTY IMAGES

Eagles White House party canceled

So much for the celebration.

JOE PANTORNO
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President Donald Trump announced in a statement on Monday evening that he has uninvited the team to a ceremony at the White House celebrating their Super Bowl LII victory over the New England Patriots in February.

It once again boils down to the hot-button issue of the national anthem, a topic that has cast a divide through the NFL, its hierarchy and its fans.

From the president's statement:

"The Philadelphia Eagles are unable to come to the White House with their full team to be celebrated tomorrow. They disagree with their President because he insists that they proudly stand for the National Anthem, hand on heart, in honor of the great men and women of our military and the people of our country. The Eagles wanted to send a smaller delegation, but the 1,000 fans planning to attend the event deserve better. These fans are still invited to the White House to be part of ad different type of ceremony — one that will honor our great country, pay tribute to the heroes who fight to protect it, and loudly and proudly play the National Anthem. I will be there at 3:00 p.m. with the United States Marine Band and the United States Army Chorus to celebrate America."

The Eagles will not be the first major sports champion that will be visiting the White House under the Trump administration. The Golden State Warriors and University of South Carolina women's basketball team chose not to appear on Pennsylvania Ave.

> **"The Philadelphia Eagles are unable to come to the White House with their full team to be celebrated tomorrow."**
>
> Donald trump

The Patriots, Houston Astros, and Alabama Crimson Tide football team have.

Players in the NFL have been the most outspoken about demonstrations during the national anthem, which was thrust to the forefront of national conversation when former San Francisco 49ers quarterback Colin Kaepernick decided to kneel during the anthem in 2016.

It set off a chain reaction of athletes across the NFL, then other leagues, taking part in similar practices whether it be kneeling, linking arms or raising fists in an attempt to take a stand against police brutality in the United States.

Among the Eagles, cornerback Malcolm Jenkins was one of the most vocal leaders of this movement, regularly raising his fist during the anthem. He was among the first to announce that he would not attend the White House.

"For me, there's a lot going on with that administration, and I don't think it's the time to really have any productive or constructive conversations about policy," Jenkins said (h/t Delaware News-Journal). "I definitely want to avoid being used as a kind of a pawn. And the way things have gone over the past few months, I don't think the time is right for that."

Super Bowl champions generally visit the White House in April, however, it was difficult for the Trump administration to get on the same page as the Eagles and its owner, Jeffrey Lurie. The 66-year-old has not held back in his criticisms of President Trump, calling his time as Commander-in-Chief "disastrous," per a New York Times report.

NYU Langone provides a sneak peek into its massive new hospital facility

A look at one of the single-patient hospital rooms in Hassenfeld Hospital, the first New York City children's hospital in nearly 15 years. PROVIDED BY NYU LANGONE

NYU Langone Health has unveiled the first look at its new digitally-focused inpatient facility, set to open June 24.

The Helen L. and Martin S. Kimmel Pavilion is 21 stories tall, with a whopping 830,000 square feet of hospital space, which includes 11 patient floors. Several floors will be devoted to Hassenfeld Children's Hospital — 34th Street, the first children's hospital built in New York City in nearly 15 years, officials said.

After more than a decade of planning and construction, this new facility marks the "largest and most extensive revitalization" in NYU Langone's history, according to the medical center.

830,000
square feet

The Helen L. and Martin S. Kimmel Pavilion is 21 stories tall, with 830,000 square feet of hospital space, which includes 11 patient floors.

This new facility reflects the medical center's "overall vision to grow as a world-class, patient-centered, integrated academic health system focused on quality and excellence in clinical care, education and research," Robert I. Grossman, CEO of NYU Langone, said in a statement.

Hassenfeld Children's Hospital will become NYU Langone's new flagship location for pediatric inpatient care. It will feature 68 single-patient rooms and services from more than 400 doctors across 35 specialties.

Beyond medical care, the space was designed to entertain kids and their families during their hospital stays, from theater and music performances to game and movie nights — even yoga and relaxation groups — for parents.

The Family Resource Lounge will feature laundry facilities, showers, a snack center and computer work stations. The hospital was designed with input from children who have undergone treatment at NYU Langone and their family members.

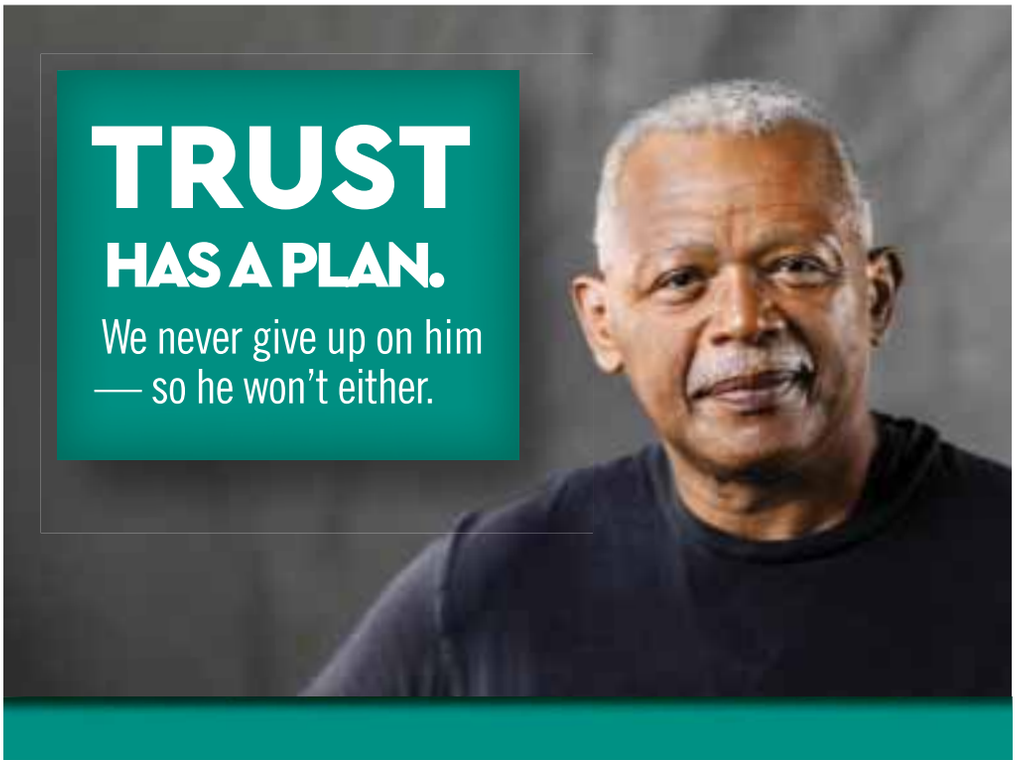
The new construction is meant to revolutionize the healthcare experience, officials say, bringing the hospital into the future. New amenities include 75-inch digital displays in every patient room through which they can learn about their care team, order meals, control their room's ambiance and access entertainment.

Robots will also make an appearance in the hospital halls to transport meals, linens, supplies, medications and to remove hazardous waste.

The new buildings help make NYU Langone resilient to extreme weather by forming a wall that holds back the East River in case of flooding. They'll also be energy efficient.

"We're extremely proud of technological systems we've built and deployed, which are truly first of their kind and represent a step forward for the medical field," said Nader Mherabi, senior vice president at NYU Langone, in a statement. "Patients expect a digital experience in their daily lives, and now they expect it from their care teams and hospitals."

KRISTIN TOUSSAINT



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"Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment… prepares for overw

By Matt Edgar
America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the ***NY Pain MD*** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they, too, can be helped. And newer research indicates it can help hips, ankles and shoulders as well".

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good… or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your" normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint–much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil.* Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider:** Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible when using ***NY Pain MD*** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T). To achieve the best results.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months. "And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And... When Should You Start?

You should certainly consider The ***NY Pain MD*** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why …

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation… that's it.

Why Treatments At *NYC Pain MD* Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at ***NY Pain MD*** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

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helming demand as news of it's impressive results spread across NYC and Tri-State Area

But There Is A Problem…

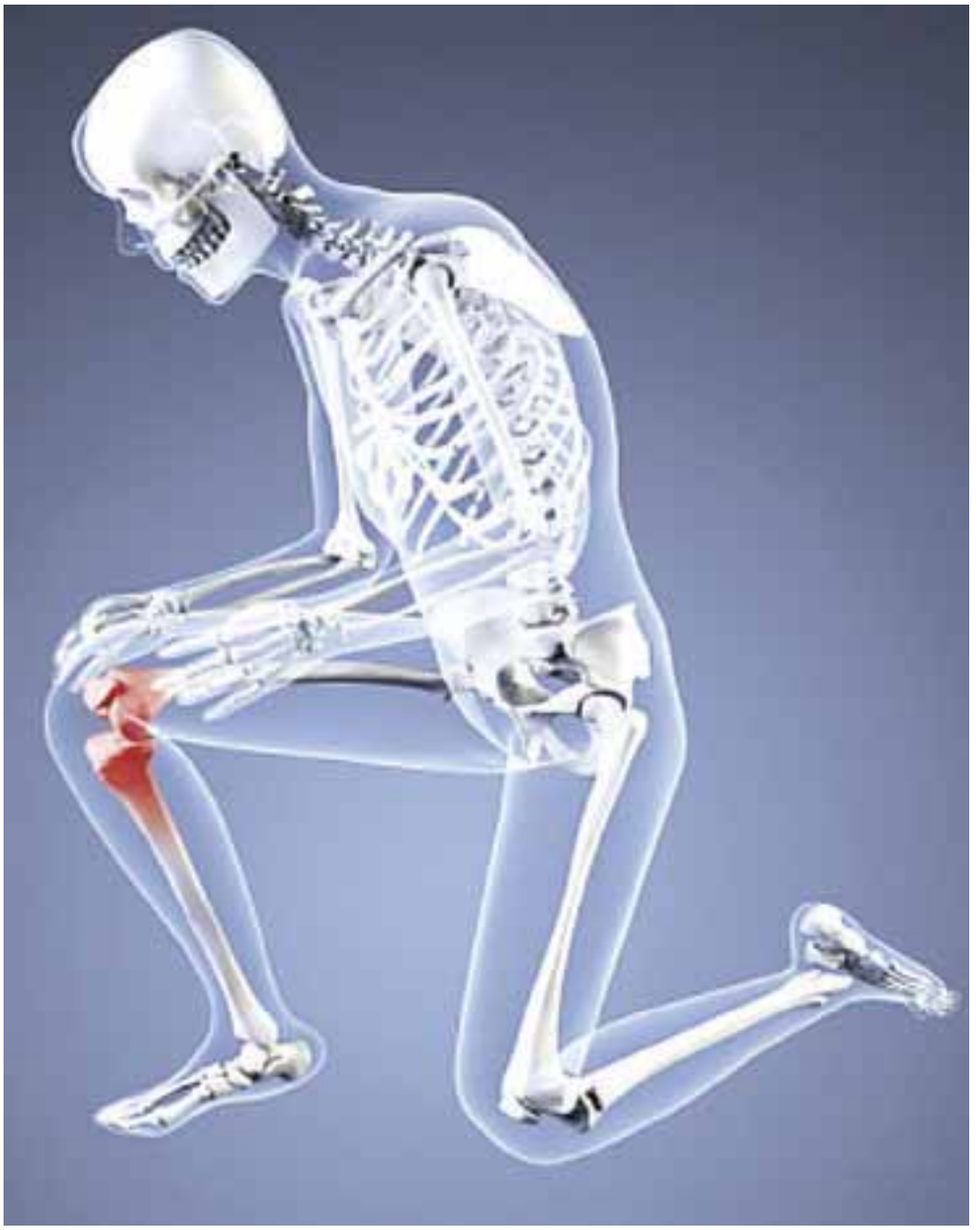
Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

Here's How To Get A Free Screening at NYC Pain MD

Simply call 877-568-8350 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation "Knee Pain Screening". Discover if The ***NYC Pain MD*** Program can ease your knee arthritis pain like it has already done for so many others.

NYC Pain MD
57 West 57th & 65 Broadway
877-568-8350
www.PAINMDNY.com

That's why ***NY Pain MD*** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-568-8350 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a ***"NY Pain MD Knee Pain And Arthritis Screening."*** They will know exactly what you are talking about and schedule you for our first time available. During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the ***NY Pain MD*** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hundreds calling weekly. Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost, No Obligation screenings is limited to just 20. But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized… ready to take on the brand new day… without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just



"imagine" any more… because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give ***NY Pain MD*** a call at 877-568-8350 right now. Why wait one more day in pain when you may not have to? Call now before some one else get's your spot.

One More Thing & This Is Important…

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail… just keep calling back. The possibility of living pain-free is well worth the effort it may take to get through to ***NY Pain MD*** schedule your No-Cost, No-Obligation screening.

And don't forget: The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one our scheduling coordinators.

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Stay Healthy

According to the Centers for Disease Control and Prevention, prostate cancer is the most common non-skin cancer among men in the United States; most men are advised to start being screened at age 50. We talked to Dr. Michael A. Palese, the site chair of the department of urology at Mount Sinai Beth Israel, to talk about why these tests are important.

First things first. What does the prostate do?

Besides causing lots of problems, it's basically one of those organs that imparts some liquid for the semen. Besides that, it doesn't do very much. The reason why the prostate is such a hot issue or an issue in general is because of the nerves for erections run right along the posterolateral side of it, and so in removing a prostate, quite often you can injure those nerves and that's where men will get erection issues. Men actually pee through the prostate. Because you're peeing through this organ and if the organ grows or it gets asymmetric or becomes swollen or inflamed, this is where all the problems come from.

How is it treated?

Sometimes with low-grade and low-volume disease, you may not treat at all — you may got on a surveillance protocol. The way we treat prostate cancer nowadays, it's very similar to what was being done 30, 40 years ago. It's just that we do have some newer paradigms and newer technology. … In addition to the surgical techniques and radiation, there are some newer drugs that have also been coming out in the last few years that have also changed how we can deal with even late stage or advanced stage cancer, so that's good.

What about younger men — what symptoms should they watch out for?

Most of the time prostate cancer doesn't always have a symptom, but when you do have symptoms, men will chalk it up sometimes to just having a large prostate or a "prostate enlargement" where they get feeling of not emptying their bladder. They're getting up at night … running to the bathroom every three or four hours. That can be a symptom of enlargement and/or blockage or something known as benign prostatic hyperplasia or BPH. It may also be something called prostatitis which is an inflammation of the prostate. Then again, it can also be prostate cancer.

Are some men at greater risk than others?

The men that we screen for PSA or prostate-specific antigen, which is a blood test, that age group has changed a bit. We're basically looking at men between the ages of 50 and 74. Men with a strong family history of prostate cancer — like their father or grandfather — we'll potentially start looking for prostate cancer earlier when they're already in their 40s.

There's a lot of early detection that's available now and then we're starting some of those benefits which really didn't exist five years ago so that's a good thing. The main thing, like any cancers, is detecting it early and understanding what we're dealing with is always better than waiting until it's too late to really do anything.

SHEILA DOUGHERTY

Feet Hurt? Bunions? Hammertoes? Heel Pain?

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- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
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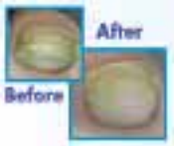

After

Before

New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

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Funding your business should not just be a "dream." ISTOCK

How to fund your business without going broke

Be smart when investing in your dreams.

PAT KING
patrick.king@metro.us

Why do we call our biggest business aspirations "dreams"? After all, that association means that your ideas for a new business or product will go away as soon as you wake up. If you're like many out there, you don't have piles of cash just lying around to fund your goals. To start or expand your business, you will most likely need to find a way to raise enough capital to hit the ground running. Many look to banks to offer up collateral — real estate and other personal assets — in exchange for a small business loans or to open a line of credit. But what happens if you don't have this kind of collateral to put up in exchange for a loan? Here are some ways to fund your business without going broke.

Line of Credit

Financial inclusion for all business owners is something that New York's own Spring Bank is trying to expand upon. As the first bank to headquarter in the Bronx in 25 years, Spring Bank is committed to the growth of the local community, including small businesses. Through their Small Business Grow Program, small business owners can apply for their micro line of credit which offers entrepreneurs $10,000 to jump-start their capacity.

"A small amount for these businesses can really make a difference," says Ines Marino, Director of small business lending at Spring Bank. "They can buy inventory, they can fix equipment that is not working, they can make small investments on advertising and marketing. This can really have an impact on profitability and the survival rate of these businesses."

The Spring Bank micro line of credit — which takes less than 20 minutes to apply for online — will be approved once Spring Bank has verified that your business is moving in the right direction by looking through bank statements to see how it is progressing.

Using crowdfunding as capital

A great way to know that your business ideas are worth pursuing is to see how enthusiastic the reception of the idea is with people in your community. Starting a crowdfunding campaign through sites like Kickstarter are perfect ways to see if your business would be a success and if what you are supplying is actually in demand. It is also a great sign to banks that your business will be a safe bet and they will most likely approve your line of credit.

"When there is an application and we see that the business applying was able to tap into this kind of funding early on, this is a sign that the business owner has been able to use their networks effectively," explains Marino, "they have roots in the community. This is a good sign for us. We are relationship lenders and we not only want to see the numbers, but we want to see the character of the business owner."

So as long as you believe in yourself and your product, people — and banks — will support it if it is a good enough idea.

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the GRUMBLE

People of Earth: Be aware of your surroundings!

BY JANE P., METRO US READER

Pat King
Grumble Editor

A common theme we have found through our reader responses has been that people should be more aware of what they are doing and where they are going. Today's Grumble from a reader known as "Jane P." hammers that point across in a tremendous way.

VENT TO US!
GRUMBLE@METRO.US

In response to a grumble a couple of weeks ago re: "Don't rush for a seat in a subway if you're in the office all day but offer to people on their feet all day, e.g. a construction worker": By no means defend a teenager or an young adult that simply sits there watching his electronic device and not noticing an (older) lady standing near him, but generally I don't believe it's fair to assume that one with an office job deserves a seat over a construction worker. A female in my late 30s, I will always stand up for an elderly (and I will always look around before sitting down), but did you know that days when I am in calls and meetings all day, I can barely keep my eyes open on my way home? Mental exhaustion is a different kind of beast. What about an ER doctor?

We live in a fast-paced world. So pay attention! ISTOCK

Did you know they're on their feet most of their endless shifts? A parent looking young with a baby at home/kindergarten that likely had 1-2 hours of sleep last night, and the night before? Stay objective. Reserve judgment as you don't know all facts. Don't judge people by their clothes, there is more to it.

There are very small things we can do collectively. Slow down when someone is in front of you; pushing them or stepping on their shoes won't get you anywhere faster. Don't get too close. You DO have five seconds (ask yourself if the world will collapse if you slow down for five seconds). Try not to brush against anyone — you never know if that person is in physical therapy with a shoulder you just aggressively brushed against while rushing to pass by. If there is room, walk on the right side of the street because there is someone always walking faster than you. Do this especially if you're staring down on your phone. Watch where you are going. I constantly see people bumping into each other. And mostly, just spend 30 seconds to look around — I often witness just how oblivious people are; completely unaware of anyone or anything going on around them. Together, with these microscopic behavior adjustments, we can make our lives easier.

Tell us what you think!

@metro newyork

METRO US READER:

I'M NOT A TOWEL!

To all those guys hosing down the sidewalks (and really ...why? no one is eating off the sidewalk and the frequent rain should be enough to clean it) who stop spraying when people walk by.. can you please wait a little longer after we pass to start resuming spraying? It is always a little too soon resulting in getting wet. In the same vein, when people wash their hands in the bathroom and there are no towels or dryers ... do NOT start shaking your hands dry in the air when people are standing right next to you. I'm not a towel!

- Steven Brinn, *Metro US reader*

#metronewyork

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The winning caption from Lisa Mahoney, *Metro Boston reader*

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metro.us/horoscopes

Aries Watch out for someone trying to lead you in the wrong direction. Take better care of your health and rely on your intelligence and resourcefulness to help you get ahead.

Taurus Take control and bring about the changes that will make you feel good about yourself and the direction you are headed. Don't let someone's boldness intimidate you.

Gemini Stay focused on what you are trying to achieve. Actions and intelligence will show you mean business and that you are willing to see matters through to the end.

Cancer Take a unique approach to your responsibilities if you want to find new ways to use your skills and attributes. Personal improvements and educational pursuits are favored.

Leo Don't take a risk or get involved in a dubious joint venture. Persuasive tactics will be used to try and convince you of the merits of a plan that lacks substance.

Virgo Examine what's being offered or how something is handled before you put your reputation on the line. Play it safe and only take part in endeavors helmed by trustworthy people.

Libra Speak up and let others know what's on your mind. Personal problems will develop if someone puts pressure on you to do something you don't want to do.

Scorpio Stick close to home and the people you trust. You will accomplish the most if you are diligent and embrace change using uncommon methods.

Sagittarius Emotional manipulation will disrupt your day. Whether it's you or someone else using persuasive tactics, the outcome will not be satisfactory. It's best to be honest and move on.

Capricorn Consider people and ideas from your past to help you move forward. Attending a reunion will bring back memories that will help you make decisions. An emotional relationship will take a unique turn.

Aquarius Make changes for the right reason. Don't act out of spite or because someone else prompts you to. Focus on home, family and gaining greater stability.

Pisces Be courageous and try something new. A personal change will open a window of opportunity. Love, romance and physical improvement are highlighted. Do your own fact-finding. EUGENIA LAST

1.4 million
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4 Shows you need to check out at this year's Northside Festival

The music festival takes over Brooklyn this week.

PAT KING
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With CMJ no longer carrying the mantle of the best music festival focusing on new music in New York City, the Northside Festival has taken up this noble cause.

Starting on Wednesday and going strong through the weekend, the Northside Festival showcases both the best local rising talent and some seriously heavy hitting headliners at various venues throughout North Brooklyn. You can purchase badges to get first-come, first-serve entry to all of the shows. If not, venues may sell tickets online or at the door.

The schedule can be a bit overwhelming. But, we picked five shows that you need to check out.

Sail out to sea with Parquet Quarts.
PROVIDED

Liz Phair: "Girly-Sound to Guyville"

Venue: National Sawdust
When: Thursday, June 7, 8-11 p.m.
Where: 80 N. Sixth St.,
Tickets: Sold out, but you can get in with a badge.

This year has been a special one for Liz Phair. Matador Records released a deluxe box set of her breakout album "Exile in Guyville" for its 25th anniversary, including two never-released cassettes known as the Girly-Sound tapes. She will be performing that material as well as songs from "Guyville" at National Sawdust with support from Soccer Mommy.

RIPS

Venue: Alphaville
When: Friday, June 8, 8 p.m.-midnight
Where: 140 Wilson Ave.
Tickets: Free with a badge; $8 in advance or $10 at the door.

Brooklyn-based band RIPS have been, well, ripping it up at local venues for a while now with an intricate guitar sound that recalls other local legends Television but with an attack that is all their own. They'll be joined at Bushwick's tiny DIY venue Alphaville for Wild, Wild Life's official Northside party by like-minded Australian indie-rocker Michael Beach as well as Pale Joyride and David West.

Protomartyr and Deerhoof

Venue: Elsewhere
When: Saturday, June 9, 5:30 p.m.-?
Where: 599 Johnson Ave.
Tickets: Free with a Northside badge. $20 in advance. $25 at the door.

Brooklyn Vegan's all-night party might take the cake of best overall lineup this year. Protomartyr and Deerhoof are two of the most genre-pushing and exhilarating live bands currently going, and seeing them both on the same bill will surely be a night to remember. Oh, and there are tons of bands playing all day starting at 5:30 throughout Elsewhere's massive show space, including Corridor, Tess Roby, Sloppy Jane, FRIGS, Renata Zeiguer and Eaters.

Parquet Quarts on a boat!

Venue: Aboard the Liberty Belle Riverboat
When: Sunday, June 10, ship departs at 7 p.m.
Where: Pier 36, 299 South St.
Tickets: Sold out. But, where there's a will there's a way.

The perfect way to cap off Northside Festival is a cruise with enigmatic post-punk greats Parquet Quarts, with support from jazz great Hailu Mergia. Keep an eye on Stubhub.

Negroni Week's wildest creations

It's the first full week in June, which means it's time to raise a negroni for a good cause.

Normally a humble aperitif cocktail of equal parts Campari — the bitter, boozier predecessor of new summer darling Aperol — vermouth and gin garnished with an orange peel, Negroni Week (through June 10) celebrates this European tradition by turning it up a notch and adding a charitable twist. Bartenders and, recently, chefs create their own takes on the Italian cocktail and designate an organization to receive a portion of the proceeds.

Last year's unicorn food trend meant things got pretty wild, and that held true for 2018, too. So whether you already love aperitifs or just want to try something fun, nearly 200 bars and restaurants in the city are taking part — here are just a few Negroni Week highlights; for all the details and more picks, visit metro.us.

EVA KIS

Negroni Arancini
ARANCINI BROS

Negroni Jell-Ohh Shots
BUTTER & SCOTCH

Chocolate Negroni
DANTE

Luxury Negroni Sbagliato
FINE & RARE

Negroni Pony Sundae
TIPSY SCOOP

Negroni Flight
THE FLATIRON ROOM

Kiersey Clemons and Nick Offerman star in "Hearts Beat Loud." ERIC LIN

Kiersey Clemons has the rarest of movie roles in 'Hearts Beat Loud'

"I just thought it was special."

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"Hearts Beat Loud" is a rare cinematic commodity.

Sure, there's its unique plot of a father (Nick Offerman) and daughter (Kiersey Clemons) forming their own pop group that suddenly finds success in the weeks before she is due to move across the country to start college. But most notably, Offerman and Clemons are of different ethnicities, plus Clemons' character embarks on a romance with Sasha Lane's Rose, neither of which are plot points. Which is exactly as it should be.

Metro recently chatted with Clemons, who admitted that she was first attracted to "Hearts Beat Loud" for that very reason and because of "how relatable Sam was to Kiersey."

"A much younger version of me, but nevertheless someone I wanted to see on screen," Clemons says. "Just in the way that she looks. Sam and Rose are both young women of color that like girls, and you don't get to see that often."

"Unless it is a sad story," she adds. "It was nice to see the happy story. And it is about them falling in love, and you don't really know what happens next, which is interesting. I just thought it was special."

Both Clemons and Lane were given the freedom to really imbue their experiences and personalities into the film, too, as "Hearts Beat Loud's" co-writer and director Brett Haley created an open and collaborative set.

"When we got to New York, me, Sasha, Brett and co-writer Marc Basch all sat down and talked about being on the same page of what we found to be relatable, honest and natural, and what types of conversation we wanted to be having and other people to be having after they watch the movie," Clemons says. "We did some work on the script. It was really a work in progress the entire time, which allowed it to be instinctive. It was definitely collaborative."

"We knew that our love story of teenagers experiencing their first love and not really being honest with each other, but at the same time sending these hidden messages, was a hard one to tell," she adds. "And we wanted it to feel right."

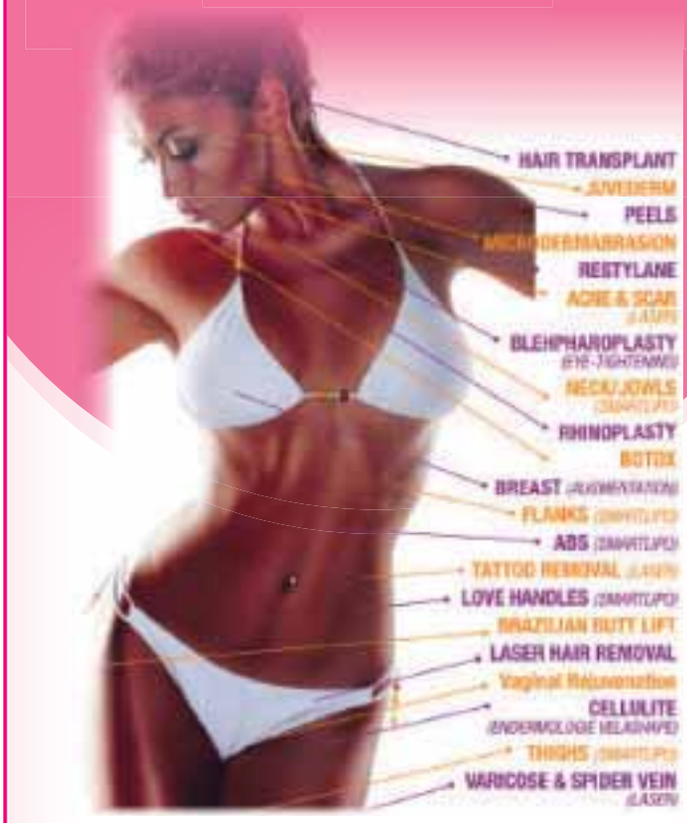
But while there were many similarities between herself and Sam, Kiersey admitted that there was a big difference in how they approach their respective creative outlets.

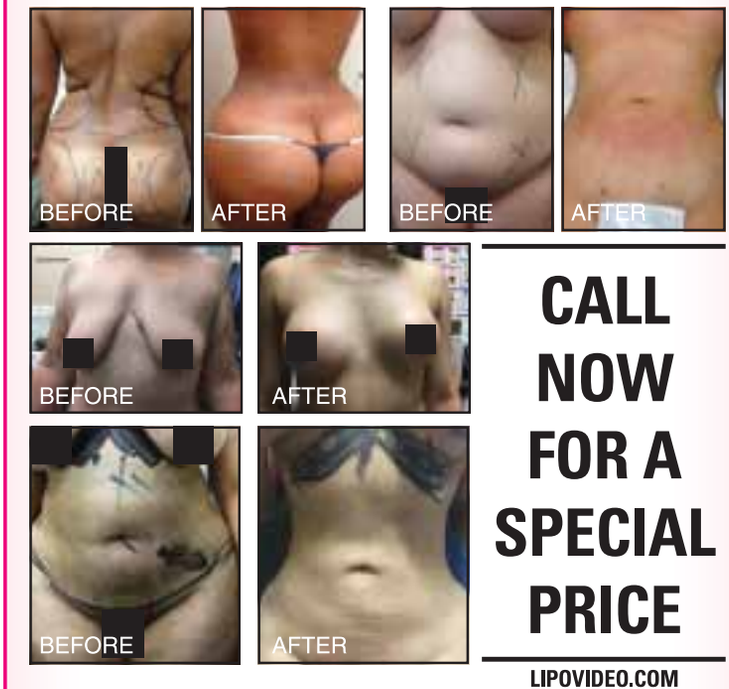
"If you want to be onstage, in movies, on TV, you might want to do commercials, you might just want to direct," Clemons says. "It is all about figuring out what to do and why. Plus, as time goes by, you might want to do different things as well. It is nice to be in an industry where I have different options."

"For Sam it was different because she doesn't want to entertain necessarily or even perform, because it is therapeutic for her," she adds. "She doesn't want it to be her job. Because then she would have to find a different therapy and she likes music. So it is very different to what is going on in my life."

"Hearts Beat Loud" opens in New York on June 8.

THE RESULTS SPEAK FOR THEMSELVES!





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‘Half the Picture’ director was told not to explore Hollywood’s lack of female filmmakers

Amy Adrion’s new documentary proves that it is obviously still a huge issue.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

The new film shows why sexism is still a problem in Hollywood.
ASHLY COVINGTON

It should be plainly obvious that “Half the Picture” is a necessary and timely documentary.

Last year, The Wrap revealed that of the 149 films that were due to be released by the six major Hollywood studios between 2017 and 2019, only 12 would be directed by women. This means 92 percent were to be overseen by men.

As a burgeoning director herself, who had come face-to-face with this rampant inequality, Amy Adrion had a vested interest in making a documentary that examined this issue. Especially because, as Adrion told us, “Statistically in feature films, there has been no change and no improvement whatsoever.”

“Even after an investigation into discrimination against female directors was begun, and with the looming government investigation, the number of films made by women has not changed at all,” Adrion says. “That shows how entrenched the system is and how entrenched this way of working is. It is really hard to get people to do things differently and open their minds to other people.”

But it wasn’t just those rooted in and established at Hollywood studios that were blind to this discrimination. When Adrion first started work on “Half The Picture,” some of her male peers actually questioned whether sexism and discrimination were still an issue in 2015.

“When I started to make the film in 2015, and I started to say what this film was, I would very often have people say, ‘Is that really the case, though? In 2015? Really? I know sexism and discrimination may have existed in the ’80s or ’50s, but this is 2015? Is this really an issue?’” Adrion says. “People were not aware that it was still an issue.”

That viewpoint has changed dramatically over the last few months, though.

“I would say, a couple of years later, that has really changed,” Adrion says. “Especially with #MeToo and pay inequality across Hollywood.”

“I think the general public is much more savvy and aware that there are significant forces of discrimination at work across Hollywood,” she adds. “You don’t have to convince people that sexism still exists. When we started the film we had to convince people that it did.”

More importantly, the falsehoods that Hollywood studios used to hide behind when overlooking female directors are now starting to be exposed as such, too.

GETTY IMAGES

“I think for a long time the argument was, ‘Well, women just don’t have the experience and there are more male directors with experience.’ That has proven to be false,” Adrion says. “Because so many male directors went to Sundance with a small film that had a modest budget and was released and did pretty mediocre at the box office, and they still walked away with ‘Fantastic Four’ or ‘Jurassic World’ or ‘Spider-Man 5’ or whatever the case may be.”

“It wasn’t that case at all,” she adds. “It was just that women weren’t being given those opportunities. And for the most cases they still aren’t.”

Adrion is hopeful that “Half the Picture” will highlight just how widespread the issue still is, although she insists that the documentary isn’t just a lecture on this important topic.

“I would say that the film is, even though we talk about the challenges women face, it is still very entertaining and non-judgmental,” Adrion says. “Because we all have certain ways that we have been brought up and think about things. We all have our own unconscious bias.”

“Half The Picture” opens in New York on June 8.

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The synths are back. ALL PHOTOS COLIN HUTTON, AMC

'Humans' offers 'Westworld' fans a simpler, enjoyable alternative

The sci-fi series returns tonight.

ANDREW HUSBAND
letters@metro.us

Aside from viral videos depicting Boston Dynamics' latest robotics innovations, our current fascination with artificial intelligence is largely thanks to HBO's provocative "Westworld."

This is totally understandable, as the slick dystopian series based on Michael Crichton's 1973 film has become one of TV's most-talked about science fiction dramas in recent memory. Meanwhile, AMC and Channel 4's "Humans" receives far less attention from critics and audiences alike, but that doesn't mean it isn't as good, especially now that Season 3 is about to debut.

Adapted from the Swedish show "Real Humans" by Sam Vincent and Jonathan Brackley, "Humans" tackles the possible ramifications of a near future in which androids called "synths" are publicly available for purchase and use. Instead of starting with a bang, as "Westworld" would do a year later, "Humans" opted for a far more simpler and intimate route.

Season 1 centers around the Hawkins family and their purchasing Anita (Gemma Chan). Aside from the turmoil Anita's arrival causes between married couple Laura (Katherine Parkinson) and Joe (Tom Goodman-Hill), the

"new" synth also turns out to be a much older, and far more special, android. That's because Dr. David Elster (Stephen Boxer) created her away from the prying eyes of his former partners and gave her consciousness.

The remainder of the first season explores the additional sentient synths Elster created, their struggles to provide consciousness to other subservient androids and Elster's ex-partners' desire to stop them. Season 2, meanwhile, pushes the synths' efforts to bestow consciousness on all other robots to the extreme. The result? Day Zero, when a "consciousness code" is uploaded to synths across the globe, resulting in the deaths of thousands.

Season 3 jumps ahead one year after the code's uploading to see how society has progressed. Things don't appear to be great, as sentient synths are now being segregated into camps by vengeful, fearful humans. Some, like human Laura Hawkins and Elster synth Max (Ivanno Jeremiah) and the rescued synth Flash (Ritu Arya), campaign for robot rights. Others, like a group of synth terrorists, aren't interested in peaceful solutions. They even resort to violence against their own to prove as much.

Fans of the X-Men should be familiar with this plot — and the ugly way it could play out on both sides.

"Humans" Season 3 debuts tonight at 10 p.m. on AMC. The first two seasons are available on Amazon Prime.

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SPORTS

2018 World Cup Preview: Group B

JOE PANTORNO
joseph.pantorno@metro.us

PORTUGAL
"THE NAVIGATORS"

TIMES QUALIFIED: 7
LAST APPEARANCE: 2014
BEST FINISH: 3rd (1966)
WORLD RANKING: 4th

THE STAR
CRISTIANO RONALDO
CLUB TEAM
REAL MADRID (ESP)

The defending European champions are even stronger than they were a year and a half ago. Much of that has to do with the emergence of Bernardo Silva and Andre Silva, who have helped take some of the attacking weight off Cristiano Ronaldo's shoulders.

It all comes down to the Real Madrid man, though, who continues to reign as one of the best players in the world despite turning 33 back in February.

He'll attempt to buck Portugal's slumping trend at the World Cup that has seen them finish 4th in 2006 and 11th in 2010 before not making it out of the group stage in Brazil four years ago.

SPAIN
"THE RED FURY"

TIMES QUALIFIED: 15
LAST APPEARANCE: 2014
BEST FINISH: WINNERS (2010)
WORLD RANKING: 8th

THE STAR
SERGIO RAMOS
CLUB TEAM
REAL MADRID (ESP)

Spain will be entering the 2018 Finals with an enormous chip on its shoulder. After securing its first World Cup title in 2010, the Red Fury failed to make it out of the group stage during their title defense in 2014 and fell to Italy in the Round of 16 during the 2016 European Championship.

There is no denying that Spain has the talent to challenge Portugal for the top spot in Group B. Sergio Ramos, now vilified after his run-in with Mohamed Salah during the Champions League Final, will captain a squad that features Manchester City playmaker David Silva and Real Madrid striker Isco.

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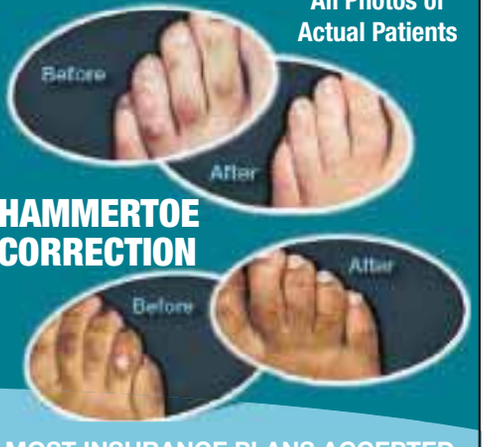

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features Ronaldo, 2010 champions Spain

MOROCCO

"LIONS OF THE ATLAS"

TIMES QUALIFIED: 5
LAST APPEARANCE: 1998
BEST FINISH: 11th (1986)
WORLD RANKING: 42nd

THE STAR
HAKIM ZIYECH

In a big group like this, it's easy to sleep on Morocco, but watch out for the Lions. They have a dangerous striker in Ajax's Hakim Ziyech, who is currently being pursued by the likes of LIverpool and Roma, along with defender Medhi Benatia of Juventus.

IRAN

"TEAM MELLI"

TIMES QUALIFIED: 5
LAST APPEARANCE: 2014
BEST FINISH: 14th (1978)
WORLD RANKING: 36th

THE STAR
SARDAR AZMOUN

This is the first time ever that Iran will be appearing in consecutive World Cups, though they've never attained any sort of real success in the Finals. This is a team that will rely on a strong defense with counterattacking tactics in order to shock Group B.

GROUP B SCHEDULE

JUN. 15, 11 AM
MOROCCO v. IRAN

JUN. 15, 2 PM
PORTUGAL v. SPAIN

JUN. 20, 8 AM
PORTUGAL v. MOROCCO

JUN. 20, 2 PM
IRAN v. SPAIN

JUN. 25, 2 PM
IRAN v. PORTUGAL

JUN. 25, 2 PM
SPAIN v. MOROCCO

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EASY WITH THOSE TORRES-JETER COMPARISONS

OPINION

MARC MALUSIS
@marcmalusis

The Yankees can rest easy because their young star second baseman Gleyber Torres is fine after getting drilled in the wrist by a 90-plus mph fastball over the weekend. He stayed in the game and the Yankees are certainly elated that he checked out fine.

After being rightfully named AL Rookie of the Month for May, Torres has certainly lived up to the billing of being a high-impact player at just 21 years old. During the calendar month, Torres hit .317 with nine home runs and 24 RBI to go with a .374 OBP. He has certainly looked like a player who is wise beyond his years. Yes, he has not played completely clean baseball with some errors at second base, but you would expect that would lessen when he gains more experience at the major-league level. Torres is as good as advertised.

With that being said, we need a little bit of a reality check on him as well. He is sensational and looks like the potential for him is limitless. Just because he has "star" written all over his game, does not mean that he will become a legendary Yankee.

There is a difference between an All-Star player and a legend. When I grew up, Don Mattingly was one of the best players in the majors and was the captain of the Yankees. It looked like he was well on his way to a Hall-of-Fame career. Unfortunately, injuries took their toll and even though Mattingly had a great career, he fell short of Cooperstown.

Even though he was a great Yankee, he was not a legendary Yankee. He does not belong with the likes of Mantle, Ruth, Gehrig, Berra and Jeter, just to name a few.

Gleyber Torres has had a great start for the Yankees, but don't compare him to Derek Jeter just yet. GETTY IMAGES

So, can we just let Torres continue to develop and mature without placing unrealistic expectations on his shoulders?

He is not the next Derek Jeter and he is not the next Roberto Alomar at second base. He is the first Gleyber Torres.

I know, I know. We all love to compare players from different generations and are always looking to grade out initial impact or potential. It's fun and I get it, but I also know that you are going to be disappointed if the player does not live up to realistic expectations.

Let me bring up an example from another sport that I think serves as a lesson for all of us a sports lovers. Former USC basketball star Harold Miner was nicknamed "Baby Jordan" in the early '90s because of the style in which he played basketball. Miner was never Jordan and just because you stick your tongue out when driving to the rim, does not mean you will be the next anything, no less Jordan. My point is this, as everyone searches for the next Jeter, I think you need to appreciate what Jeter did and what he accomplished for the Yankees organization.

Torres looks like he is going to be a great Yankee, that does not mean he will take on the legendary status that Jeter earned.

Nobody is going to be the next Derek Jeter for the Yankees. Jeter will have no heir. He finished his career holding eight Yankees records including hits, singles, doubles and stolen bases. He helped the Yankees win five World Series titles, his last being in 2009. He was also an attraction off the field and his marketability was off the charts. Just ask Nike.

Jeter was not just a puzzle piece in the championship runs, he was a key cog. His clutch gene was off the charts. His ability to take charge at a key moment and his desire to win was immeasurable.

So, before you give me some "hot take" that Torres is the next Jeter and give me a headline or write a column, I think you need to appreciate the player Jeter was. It is amazing how people so quickly forget what he was as a player. We can all appreciate the young brilliance of Torres without losing our minds. He needs to accomplish so much to reach the level of Jeter. Is it impossible? No. Is it improbable? Yes.

Legends earn their status every step of the way. And to be a legend with the Yankees is something that is not easily earned. Jeter did and even in retirement, he is not getting the respect of his accomplishments that he so richly deserves. It is not a slight to Torres, but it is RE2PECT for Jeter.

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DOCTORS AT ALBERT EINSTEIN COLLEGE OF MEDICINE ARE SEEKING HEALTHY WOMEN AGES 18-49 TO HELP TEST THE SAFETY OF A NEW PRODUCT THAT COULD PREVENT HIV.

PURPOSE OF THE STUDY:
To see if using a vaginal gel containing the drug griffithsin (GRFT) or a vaginal gel without GRFT is safe.

YOUR PART IN THE STUDY:
- 10 visits over 2-3 months
- Blood draws, pelvic exams and biopsies
- Reimbursement
- Subjects must currently be on birth control and cannot be pregnant, breastfeeding, or have HIV

For more information, call or text Becky at 347-835-7842 or email microbicide@einstein.yu.edu

IRB NUMBER: 2016-6638
IRB APPROVAL DATE: 03/03/2017

Montefiore | EINSTEIN

STUDY PARTICIPANTS NEEDED

Mount Sinai Hospital

The Mood and Anxiety Disorders Program at Mount Sinai School of Medicine is seeking **study participants**, age 18 to 65, to participate in a research study to help understand the antidepressant effect of an investigational new medication for depression.

We are looking for male and female participants who:

1. Currently have a depressive disorder, including Major Depression
2. Are in good physical health

→ The research study will be conducted by:

Dr. James Murrough at the Mood and Anxiety Disorders (MAP)

1428 Madison Avenue, Atran Building E level

→ Participation will include:

- 10 Study Visits (~1.5 hours per visit)
- Thorough psychiatric and medication evaluation (~4 hours)
- Compensation provided

→ For more information, please call 212-241-3089 or email at megan.hoch@mssm.edu

→ If you are interested in participating, please take our online pre-screen by following **this link** or navigating to the link below or scanning this QR code

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GCO# 16-0374 PI:
James Murrough, MD, PhD

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HIV RESEARCH STUDY

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We are looking for people who are **struggling with HIV medications and HIV care** for a research project conducted by the NYU Meyers College of Nursing.

You must be between the ages of 18 – 65 years old, living with HIV, living in the NYC metropolitan area, and African American/Black or Latino/Hispanic to participate.

Contact us at **212-992-6670** for more information and to see if you qualify for the study.
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Approved by the NYU School of Medicine
IRB #s15-01480 PI: Marya Gwadz, PhD

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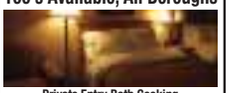

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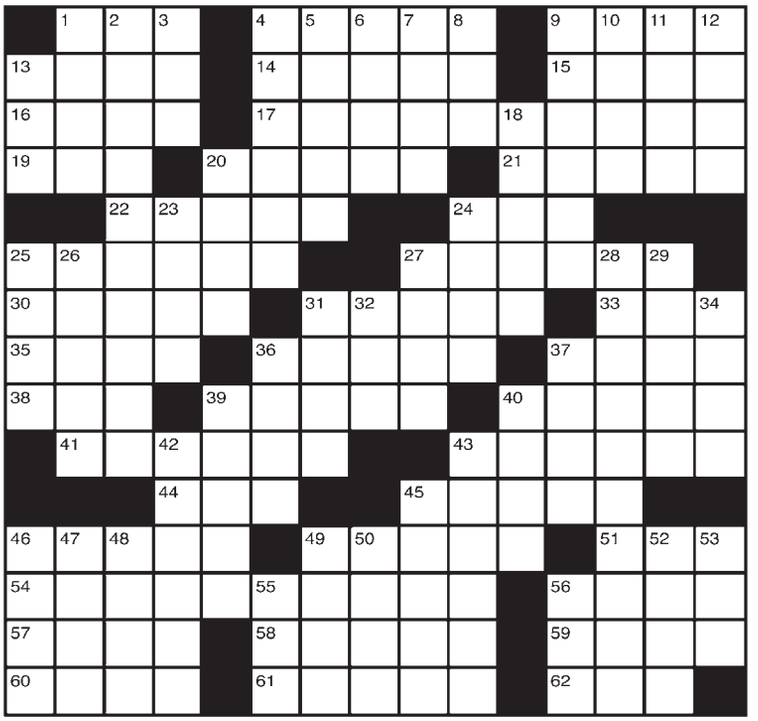
ACROSS

1 "You __ lead a horse to water..."
4 Vital vessel
9 Now and __; occasionally
13 Plane ticket cost
14 French __; fast food item
15 Toy with a string
16 Leave out
17 Thoroughbreds & trotters
19 __ it; understand
20 Sworn statements
21 Pushover
22 TV's Mandel
24 Rooster's mate
25 Insist
27 __ rooster; feisty fowl
30 Stinks
31 Rock or Christie
33 Henpeck
35 __ and crafts
36 Sandbar
37 Name for a Beatle
38 Nintendo video game console
39 Composer Carmichael
40 Bisect
41 Iced pastry
43 __ jumping; sport for the daring
44 __ the rage; very popular
45 Bart Simpson's mom
46 Macabre figure
49 "Bring to __"; recipe phrase
51 Plant
54 Sounds familiar
56 "__ eyes have seen the glory..."
57 Curved overhead beam
58 Air freshener brand
59 __ tea
60 Buzzers
61 __ Wetsy; classic doll
62 Long-eared animal

DOWN

1 Arrived
2 School subject
3 Hair covering
4 Terrified
5 Preach
6 Well-to-do
7 Ball holders
8 Hardwood tree
9 Despot
10 Emcee
11 Observes
12 Prying
13 Dangerous driving condition
18 Many golf tournaments
20 Possesses
23 Thousand __, CA
24 "__ to the Chief"
25 Sketch
26 Uncanny
27 Hee-haw
28 Aspirin, e.g.
29 Shade of purple
31 Scorch
32 Large swine
34 Happiness
36 Dirt
37 Sign of hunger
39 Corridors
40 Throw
42 Giggles
43 Barnum's partner
45 Shapes
46 Snatch
47 Bring on board
48 __ again; a second time
49 Qualified
50 Defeat
52 Change for a five
53 Tie the knot
55 Telephone inventor's monogram
56 Actress Farrow



BY TCA

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T	N	N	S	T	R	E	E	P	R
H	A	I	K	R	E	L	L	E	K
A	M	O	R	A	F	R	A	N	K
T	B	N	A	H	B	C	E	N	L
C	U	T	P	R	X	L	Z	S	L
H	T	E	B	A	Z	I	L	E	A
E	U	O	L	E	G	N	A	M	D
R	A	Y	N	O	H	T	N	A	O
T	L	E	V	E	S	O	O	R	O
Z	D	Y	E	R	F	N	I	W	G

Angelou
Anthony
Clinton
Earhart
Elizabeth
Frank
Goodall
Keller
Parks
Roosevelt
Streep
Teresa
Thatcher
Tubman
Winfrey

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Category: Movie Quote

E	S	I	
E	D	P	L
A	E	O	E
D	P	E	

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3						5		
2		9	1		5	3		6
	8	5	3	7			9	
			9		1			8
			6	3	4			
5			7		2			
	5			2	7	9	6	
4		6	5		3	8		7
		2						5

Yesterday's Answers

N	E	S	T			S	O	B	S		S	I	C	K
O	S	C	A	R		L	U	A	U		C	O	L	E
S	P	I	N	E		O	R	A	N	G	U	T	A	N
E	Y	E		V	A	T			S	A	L	A	D	S
		N	E	I	G	H			H	I	P			
O	C	T	A	V	E			P	I	N	T	O	S	
A	R	I	S	E		S	E	A	N	S		V	I	A
R	E	S	T		F	O	R	T	E		D	E	E	P
S	E	T		F	I	L	E	S		D	I	R	G	E
	P	S	E	U	D	O			P	I	S	C	E	S
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A	N	T	S		T	R	O	D		S	I	G	M	A
P	O	S	T		Y	E	N	S			L	E	S	T

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